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NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

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THROUGH MARK LARSON'S LENS

Humboldt County's 2023 in photos

By Mark Larson

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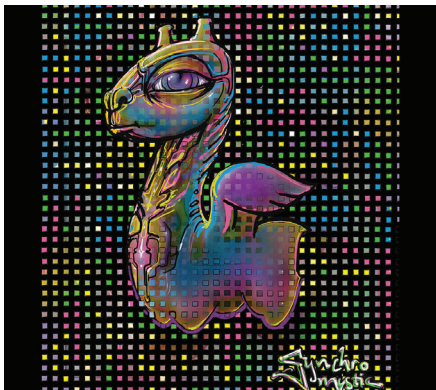
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Roman Villagrana, aka SynchroMystic,
at Epitome Gallery. Read more on page 15.
Submitted

On the Cover

Tory McConnell, Miss Indian World 2023.
Photo by Mark Larson

NCJ

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	6	Irie Rockers Reggae Rock
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NCJ MAILBOX

‘Think Twice’

Editor:

Medicare's open enrollment period is nearly upon us and with it will come pitches from Medicare Advantage to sign up for their plan (“California Says No to Privatizing Medicare,” Sept. 7). Many attempts at getting potential enrollees to sign up are downright deceitful, including letters such as the one just received at our house from “Medicare Planning of America,” which has no connection to our government's Medicare program. It is crucial to get the back story on Medicare Advantage rather than relying on the information provided in their slick marketing campaigns.

Medicare Advantage is a privately run version of traditional Medicare in which large, for-profit insurance companies are paid by the government to “manage” the care of enrollees. The plans are enticing as they tout lower premiums and extra benefits, however, they do not deliver what they promise.

Investigations into Medicare Advantage have shown that enrollees most in need of care for chronic or complex conditions frequently have to contend with delays in getting care authorized, denials of care and limited provider networks. Medicare Advantage also shortchanges the taxpayers by overcharging Medicare in a practice referred to as upcoding. Because Medicare Advantage gets higher reimbursement rates from Medicare for more complex patients, Medicare Advantage has been found to exaggerate or falsify diagnoses in order to maximize their profits. In a recent case, the Department of Justice found Cigna insurance in violation of the False Claims Act after submitting false and exaggerated claims for Medicare Advantage enrollees and fined the company \$172 million.

Aside from cheating taxpayers with bloated charges to Medicare, Medicare Advantage is directly threatening the long-term viability of traditional Medicare. I encourage you to think twice before signing up for Medicare Advantage.

Jennie Brown, Trinidad

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The deadline to have a letter considered for the upcoming edition is 10 a.m. Monday. ●

December Leaves

Days grow shorter
shadows lengthen
naked branches of my favorite oak trees
skeletons of former glory snake across the sky.
last leaves hold on, holding out
last rays of dying light paint the sky
like the inside of a seashell

—coral, peach, magenta, violet
sculptural beauty of distant trees
silhouettes against the growing dark
another year draws to a close

an accumulation of leaf litter cover sidewalks and yards
what will become of all the dead and dying?
their brilliant colors once shimmered in the autumn
afternoons

faded into crumpled brown
washed away by December rains
sinking back into the earth from whence they came
some float down drainage ditches into the nearest creek
sink to the bottom of the river bed, last lying place of many
a lucky few continue to surf the current
past houses, vineyards
cow pastures and old quarries
out to sea

Pacific
stretching over a third of the earth
final resting place of leaves, diatoms, sharks and ships
vast and foreign waters
deep mysteries wrapped within mysteries await discovery
maybe next year

This year is coming to an end
running out of time

space shrinks in the darkness
distilled to the essentials
forget everything else

I close my eyes, listen to the sunset
sound like a seashell

humming life slipping past
cars over damp streets
waves of people rushing home, shopping
gathering food, friends
visit a dying relative,
the long night
blankets our lives in mystery
wraps us in dormancy
makes strange the ordinary
whispering dreams of another year.

What is a year?

a moment, breath
stars flickering in the sky
12 moons bring in the tide and push it out again
a slice of life trimmed off
floating down river
to a butterfly or a baby a year is everything
the whole world coming into its own
bubbling up, flowing over
a whole cycle of days growing long,
then short again
pea vines sprouted, grown, flowered, then withered
and died: all of life in a nutshell

The year is coming to an end
but signs have already started —

a new one is on its way
sprouts poking their thin green heads through the thatch
ready to make hay in summer afternoons
rising up from the quiet gifts of the earth
seeds of the new year planted by the old
carrying the message of what was
into what will become

— Minoa Heaviland

New State Laws Aimed to Streamline Home Building Take Effect in 2024

By Ben Christopher/ CalMatters

newsroom@northcoastjournal.com

If California wants to build its way out of its long-term housing shortage, plenty of things stand in its way in 2024: high-interest rates, sluggish local approval processes and a persistent shortage of skilled construction workers, among others.

But a slew of housing bills from the 2023 legislative session going into effect on Jan. 1 promise to ease or eliminate some of the other burdens. And that's likely welcome news here in Humboldt County, where, despite modest population growth, roughly 70 percent of households can't afford a median-priced home, local jurisdictions have struggled to keep up with state residential building targets and rental markets remain severely impacted.

Among the batch of fresh housing laws are an especially high profile set by San Francisco Democratic Sen. Scott Wiener: Senate Bill 423 re-ups and expands a law that speeds up the approval of apartment buildings in which some units are set aside for lower income Californians, while S.B. 4 does something similar for affordable housing on property owned by religious institutions and non-profit colleges.

Wiener's two new laws set the tone of housing legislation in 2023, where ripping out barriers and boosting incentives for housing construction emerged as the dominant theme.

"The era of saying no to housing is coming to an end," Wiener said in a statement after the two bills were signed.

That was especially true for developers of purpose-built affordable housing, per policy analysts at University of California at Berkeley's Turner Center for Housing Innovation in an end-of-year legislative summary. Lawmakers, the analysts wrote, in the continuation of a "remarkable run over the last several years," gave "more flexibility to exceed or override local zoning, greater certainty on the timing and likelihood of planning approvals, and sub-

stantial relief from (environmental) review and litigation."

"I've never seen this type of consensus in the Legislature before," said Michael Lane, state policy director for the San Francisco-based urban planning think-tank SPUR.

Or as Politico put it succinctly in a headline from late summer: "YIMBYs" — short for so-called yes in my backyard activists who push for more building — "are winning."

Other notable victories from that camp include A.B. 1287, a bill by San Diego Democratic Assemblymember David Alvarez, that will give developers permission to build denser, taller buildings if they set aside additional units for middle-income earners, and S.B. 684, which will make it easier to divide up large parcels of land for modest clusters of townhomes and cottages.

It wasn't entirely smooth sailing for the pro-development caucus. That second bill, by Merced Democratic Sen. Anna Caballero, will only apply to parts of the state already zoned for multifamily housing. Historic single-family home neighborhoods got a last-minute carve out, leading one of the bill's sponsors to take the unusual step of asking Gov. Gavin Newsom to veto their own bill (he didn't). That eleventh-hour switcheroo demonstrated that though the political coalitions opposed to state pro-density policies are on the back foot, they are still a force to contend with.

That coalition of local governments, certain organized labor groups and environmental justice advocates also prevented housing supply boosters from entirely rewriting the state's signature environmental law, as some advocates had hoped earlier this year.

But a host of new laws will make it more difficult for opponents of proposed housing projects to use the California

Continued on next page »

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NCJ NEWS

Continued from previous page



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Environmental Quality Act to delay certain types of housing projects. Oakland Democratic Assemblymember Buffy Wicks wrote a bill that instructs judges not to consider the noise of future residents as a pollutant in need of environmental mitigation, a response to one of the most headline-grabbing California court decisions of the year.

Wicks' bill, which went into effect in September, may have gotten much of the media attention, but other, similarly intentioned bills that will become law in 2024 may prove more consequential. One, S.B. 439, by Berkeley Democratic Sen. Nancy Skinner, will make it easier for courts to slap down "frivolous" environmental lawsuits, a second, A.B. 1449, by Alvarez will shield many affordable housing projects from environmental review and a third, A.B. 1633, by San Francisco Democratic Assemblymember Phil Ting will force cities to either approve or deny a project's environmental review within a set time limit.

"This just points out the reason we need to continue to have this fight at the state level," said Ting in a recent webinar touting the new policy. "We know we have these 2 million homes to get built and they're not getting built fast enough ... Local governments just aren't getting the job done."

Ting has also carved out a reputation as a champion of accessory dwelling units. Sometimes called in-law units or granny

flats, these pint-sized add ons have become an increasingly popular way for local governments to meet their state-set housing production goals. They've also come to make up a significant share of California's new housing stock in recent years.

That's largely thanks to a suite of recent state laws that make it increasingly difficult for local governments to say no to these developments or to tack on costly requirements. Starting in 2024, a new bill by Ting may help to reshape the existing ADU market. A.B. 1033 will let homeowners spin off their ADUs as separate for-sale condos, so long as local governments opt in.

That's a big "if," but the condoization law has many backyard cottage builders optimistic about the future, even at a time when California's residential construction industry appears to be slowing.

"I am deeply concerned about the market and how few young buyers can actually afford to get into the game anymore," said Seth Phillips, founder of the Los Angeles-based development and consulting firm ADU Gold. "If they do it right, if they really get the processes right ... young homebuyers could have a whole bunch of new stuff to pick from, which basically doesn't exist right now." ●

This story was first published by CalMatters, a nonprofit, nonpartisan newsroom dedicating to explaining California policy and politics.

New Law Lengthens Prison Sentences for Fentanyl Trafficking

People convicted of distributing fentanyl will face stiffer criminal penalties in the coming year under a new law shaped by rising overdose deaths.

The law increases the penalty for selling or distributing more than 1 kilogram of fentanyl by an automatic addition of three years to the original sentence.

The penalties continue to increase with weight, topping out at an additional 25 years for trafficking in weights exceeding 80 kilograms. Addiction experts warn the law could have deadly consequences if the “threat of police involvement and harsh prison sentences” makes someone reluctant to help an overdose victim by calling emergency responders.

It’s also worth noting that 1 kilogram of fentanyl — about 2.2 pounds — is considered a very large quantity of the highly potent drug. For reference, in all of 2022, the last year for which data is available, the Humboldt County Drug Task Force seized 10.14 pounds of the drug. According

to the U.S. Drug Enforcement Agency, 1 kilogram of fentanyl is enough to deliver a potentially lethal dose to nearly 500,000 people.

The bill passed the Senate unanimously in September. Gov. Gavin Newsom signed it in October, along with several treatment-focused fentanyl bills.

Fentanyl is a synthetic opioid that can be fatal in small doses when taken on its own. Heroin and cocaine dealers have also sometimes laced products with fentanyl — which is cheaper than either drug — leading to accidental overdoses by people who unwittingly ingest it. Now, fentanyl is the most common drug causing fatal overdoses in California.

Tehama County District Attorney Matt Rogers told Redding television station KRCR-TV that the bill “will give us a better deterrent factor for those who are thinking about trafficking and fentanyl.”

“My hope is that it would deter people from selling fentanyl, that it would keep it out of our community — out of every

community, but especially ours,” Rogers said. “It would keep it off the highways and off the streets, and we would see a reduction in fentanyl cases, as well as fentanyl overdose deaths.”

The bill, authored by Assemblymember Carlos Villapudua, a Stockton Democrat, moved through the Legislature even though other efforts to increase criminal penalties for fentanyl failed.

“If there are not consequences, there will be repeat supply available,” Assemblymember Jim Patterson, a Fresno Republican and author of one of the rejected bills, said after an April hearing on fentanyl bills in the Legislature.

Law enforcement groups, including the California Association of Highway Patrolmen, generally supported the new law. They said increased penalties will deter traffickers.

Those who opposed the bill, including the California Public Defenders Association, said increasing penalties does little to deter people from using or selling drugs,

including fentanyl.

“Relying on ever increasing penalties for drug offenses has been extensively researched, and we can therefore make some educated predictions about the outcome of bills like AB 701,” the public defenders association wrote in opposition to the bill.

“It would not reduce the distribution of fentanyl nor would it prevent overdoses; it would reduce neither the supply of drugs or the demand for them; and worse, it could actually discourage effective methods of dealing with the opioid crisis.”

The public defenders association went on to say that the distinction between users and low-level dealers is too blurred to make a difference — they argue that most small dealers are also users, and sell drugs to support their addiction.

The bill went into effect Jan. 1.

—Nigel Duara/CalMatters
POSTED 01.02.24

New Law Gives Employees Cannabis Protections

Starting Jan. 1, California employers are barred from asking workers about their use of cannabis outside of work, and from discriminating against them because of it.

Two bills signed by Gov. Gavin Newsom in the past couple of years aim to strengthen the state’s legal cannabis industry by updating outdated laws. Assembly Bill 2188, which Newsom signed in 2022, will prohibit employers from using the results of hair or urine tests for marijuana — which can detect traces of cannabis for days or weeks — in their decisions to hire, fire or penalize workers.

When the governor signed AB 2188 along with other cannabis-related bills in 2022, he said in a press release that “rigid bureaucracy and federal prohibition con-

tinue to pose challenges to the industry and consumers.”

SB 700, which Newsom signed this year, clarifies AB 2188 by amending the state’s Fair Employment and Housing Act to bar employers from asking job applicants about their prior use of cannabis.

California NORML, a nonprofit organization that advocates for consumer rights related to cannabis, sponsored AB 2188. In its argument supporting the bill, the organization said hair or urine testing for marijuana does not detect actual impairment, a fact the federal government has acknowledged. “Studies indicate that metabolite tests for past use of marijuana are useless in protecting job safety,” the group said.

The exceptions under the AB 2188

would be for workers in the building and construction industry and for job applicants and employees in positions that require a federal background investigation or clearance.

The National Federation of Independent Business lists the new laws among the top five “compliance headaches” for California’s small business owners in 2024. California Chamber of Commerce opposed AB 2188, though it removed its “job killer” label after some revisions, saying before the bill was signed that employers risk liability when they “take legitimate disciplinary measures” against employees. “Employers must be able to keep their workplace safe by disciplining employees who arrive at work impaired,” the group said.

But AB 2188 does not prevent employers from using other tests to detect impairment, such as blood tests.

SB 700 accounts for employers’ rights to ask about an applicant’s criminal history, but the employer may not discriminate against an applicant when it finds information about past use of cannabis related to criminal history unless otherwise permitted by law.

In 1996, California became the first state to legalize marijuana for medicinal purposes, and the state’s voters legalized its recreational use in 2016. Recreational use of marijuana is now legal in 24 states and Washington, D.C.

—Levi Sumagaysay/CalMatters
POSTED 01.02.24



January – Drumming and dancing are featured as part of the Martin Luther King, Jr. Celebration at the Arcata Community Center.

February – Hundreds of Cal Poly Humboldt students gather to protest a proposed policy preventing returning students from living in Fall 2023 residence halls. The policy was eventually rescinded by campus administrators.

Through Mark Larson's Lens

Humboldt County's 2023 in photos

By Mark Larson
newsroom@northcoastjournal.com

Everyone's journey in 2023 through our local events, sports, politics, protests, entertainment and the arts was different than mine, but my goal this past year was to again photograph special moments that were particularly memorable. The mission of photojournalism, as Ted Anthony of the Associated Press recently described it, is "to capture moments that represent — and, at their best, truly reveal — the endless spectrum of the human experience." These photos from 2023 indeed reveal an amazing variety of life experienced by people in Humboldt County. ●



May – The presentation of degrees moment makes it official – the Class of 2023 graduates are now alumni of Cal Poly Humboldt.



April – A telephoto lens view of the controversial Schneider property from Freshwater Slough and Old Arcata Road prior to the county decision to remove the construction.



May – Day 1 of the Kinetic Grand Championship begins with the racers making loops around the Arcata Plaza crowded with spectators.



August – The Obon Festival features Bon Odori, traditional Japanese folkdancing, led by Craig Kurumada with Gary Ronne on Taiko drum.

May – Tce yac, a newly created mosaic otter, is celebrated with a party on World Otter Day and installed into the visitor center at Humboldt Redwoods State Park near Weott. The otter, covered with more than 40 mosaic images of flora and fauna found in southern Humboldt parks, was created as gift for the visitor center by Weott mosaic artist Jennifer Amidi.



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Continued from previous page



May – Memorial Day activities begins in Ferndale with its traditional small-town parade.



November – Many lucky bird watchers have now seen this “first-ever-at-the-Arcata Marsh” American purple gallinule near the Brackish Pond at the Arcata Marsh & Wildlife Sanctuary. It’s a resident species of the Southeastern United States and Pacific coast of Mexico and had never been sighted before north of the Bay Area. Sources do say, however, that “the species has the greatest pattern of vagrancy amongst rails.”

August – Members of the “WINGS Women of the Ingomar” Hat Day group joins other railbirds to watch the finish of this horse race at the Humboldt County Fair.





June – Princess Leia Organa (aka Karen Booth, of Ukiah) recreates her signature moment with R2-D2 during the Costumers Appearance at Arts Alive! in Eureka. Humboldt celebrated the inaugural Forest Moon Festival presented by the Humboldt-Del Norte Film Commission on the anniversary of the locally filmed *Return of the Jedi*.



July – This cowboy and horse catches some air at the Fortuna Rodeo.



October – After the dance performance by the Dancing Magickal Witches of Humboldt County, Jody Himango leads the Witches Paddle participants out into Humboldt Bay.



October – In closing, Donald Forrest as Terry “King” Lear raises a glass in toast to life and death in his title role in *King Lear* at the Logger Bar in Blue Lake. The play was produced and directed by Michael Fields, owner of the Logger Bar. Forrest died unexpectedly of complications of COVID-19 not long after the the show closed.

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NCJ ON THE TABLE



Quesabirria tacos from the La Flor Mixteca truck.

Photo by Jennifer Fumiko Cahill

What's Good

Unexpected finds

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

La Flor Mixteca grows in Freshwater

Driving in the early dark past Three Corners Market at the intersection of Freshwater Road and Myrtle Avenue (5945 Myrtle Ave., Eureka), the brightly lit logo of the Flor Mixteca truck glows like a winter mirage.

Since the name references a region in the southern Mexican state of Oaxaca, ordering mole feels like a gimme. The smoky-sweet *mole negro* is wonderfully intense with the deep flavors of chocolate and cinnamon, and dark dried chile heat to warm your face. Blanketed over cheese enchiladas, it plays against the saltiness of the filling and the sprinkle of queso fresco, fresh cilantro and white onion (\$14).

The *huarache*, with creamy pinto beans, tart nopales, grilled asada beef and queso fresco on a broad base of soft masa, is less region-specific but still rewarding (\$13). The salsa obsessed will be happy to find solid options in the form of a bright verde, oily red salsa macha and a deceptively creamy looking habanero salsa.

Again, not Oaxacan, but the now ubiquitous quesabirria tacos are also stars on

the menu (\$14). Thicker, softer homemade tortillas are nearly overstuffed with beef and cheese in La Flor Mixteca's iteration, well doused in beef consommé and grilled to the desired ratio of crisp to oozing. Not to be wasted, the dipping consommé has body and the big roast flavor of the shredded beef, so dunk with care.

Benedicts at the Burger Joint

When T's Café North closed up shop, Arcata's roster of brunch spots took a blow. Not to worry. Since August, the stacks of stuffed French toast and the roster of champagne cocktails served in Mason jars have migrated the few blocks to Burger Joint, run by the same owner, Halleh Paymard. Happily, you needn't wait for the weekend, as the breakfast/brunch menu is on offer from 9 or 10 a.m. to 2 p.m. all but Tuesdays and Wednesdays, when the joint is closed. And, if your schedule allows, a weekday brunch on the sunny patio beats waiting for a table among the hungover on a Sunday.

"I really miss the space and having that really beautiful redwood bar in there," says Paymard. But consolidating the two restaurants' menus in the Burger Joint made sense, as the kitchen wasn't in use



The crab cake eggs Benedict at Burger Joint.
 Photo by Jennifer Fumiko Cahill

in the morning. Keep an eye out for more crossover between the early and evening fare in the new year.

Naturally, there is a breakfast burger topped with a fried egg and hashbrowns (\$14), as well as the usual standards. But sides like cheddar grits or a flat iron steak — somehow chicken fried steak with gravy are sides here — may require you to recalibrate your usual brunch order.

The Benedict menu is a mix-and-match challenge, starting with a base of poached eggs on English Muffin, homemade biscuit or sauteed greens (\$11). From there, the sauces, from traditional Hollandaise to vegan cashew gravy, additional proteins and toppings are a happy maze. A dollar will get you any of 10 vegetable options, arugula and mushrooms among them; \$1.50 adds a dollop of guacamole, pesto, chèvre or caramelized onions. The basic breakfast meats like ham, bacon and soy chorizo run \$2 and serious add-ons like grilled salmon, crab cakes or steak are \$4. The possible permutations are dizzying. Consider carefully.

On a recent visit, we wound our way

through the choices to a lightly crusty biscuit with a moist interior, halved and toasted, with a pair of pleasingly lumpy crab cakes made in-house with blue crab claw meat and a hit of Old Bay seasoning, lemony Hollandaise spiked with jalapeño over top (\$15). Traditionalists may roll their eyes, but a fresh, warm biscuit yields to fork and knife far more easily than an English muffin. If you love — really love — Canadian bacon, then the classic version is for you. But you're not always going to be presented with homemade crabcakes, tender inside and browned at the edges, lovely on their own but even better in a spill of creamy yolk.

If the none of that tempts you, not to worry. The burger menu is available from opening to close and the staff does not judge. ●

Share your tips about What's Good with Jennifer Fumiko Cahill (she/her), arts and features editor at the Journal. Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Instagram @JFumikoCahill.

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14

First Saturday Night Arts Alive

Saturday, Jan. 6, 6-9 p.m.

Eureka Main Street presents First Saturday Night Arts Alive Jan. 6 from 6 to 9 p.m. Galleries, museums, theaters, bars and restaurants are open late for your enjoyment.

4TH STREET MERCANTILE 215 Fourth St. Various artists. Open until 8 p.m.

ART CENTER FRAME SHOP 616 Second St. Jimmy Callian, photography.

ART CENTER SPACE 620 Second St. More than 75 local artists. Maryann Testagrossa, linocut prints; Regina Case, prints; Kyle Sanders, originals.

BLUE OX BOUTIQUE 515 Second St. Beer and cider in the Blue Ox Lounge.

C STREET STUDIOS 208 C St. Various artists.

CHANTERELLE 531 Second St. Various artists, mixed media.

DICK TAYLOR CRAFT CHOCOLATE First and E streets. Steve Taylor, oil paintings.

THE EPITOME GALLERY 420 Second St. Roman Villagrana, aka SynchroMystic.

FAMILIA CAFÉ 525 Second St. Laura Chapman White, paintings.

MORRIS GRAVES MUSEUM OF ART 636 F St.

William Thonson Gallery: Annual juried Humboldt Arts Council Member Show, juror Jim McVicker. **Knight Gallery:** Selections from the HAC Permanent Collection.

Museum Store/Permanent Collection Gallery: Gifts and merchandise inspired by the artwork on view by Morris Graves, Glenn Berry, Melvin Schuler and Romano Gabriel. **Homer Balabanis Gallery/Humboldt Artist Gallery:** Including Vicki Barry, Julia Bednar, Jody Bryan, Jim Lowry, Paul Rickard, Patricia Sundgren-Smith, Sara Starr, Kim Reid and Claudia Lima.

HUMBOLDT HERBALS 300 Second St. Reuben Mayes, acrylic paintings. Music by Seabury Gould & Evan Mordan, Irish/Celtic folk.

JUST MY TYPE LETTERPRESS PAPERIE 235 F St. Elena Vasileva, paintings.

LITTLE SHOP OF HERS 416 Second St. Seana Burden, acrylic painting, pen and ink, glitter.

THE MADRONE TAPHOUSE & BRICK FIRE PIZZA 421 Third St. "Southern California Photography," Charlie Bergesch, photography. Music by Swingo Domingo.

MAKER'S APRON 317 E St. Drop-in crafting for kids and adults.

MANY HANDS GALLERY 438 Second St. More than 40 local artists.

MENDENHALL STUDIOS 215 C St. Various artists.

NORTHERN CALIFORNIA INDIAN ART AND GIFT SHOP 240 F St. Various artists.

OLD TOWN ART GALLERY 417 Second St. Featured Artist: Donna Sellers, book signing. Guest Artist: Leonard Goldstein, modern digital art with autograph on purchased art at Arts Alive. Various artists, photography, oil painting, acrylic painting, watercolors, pen & ink, charcoal, drawings, sculpture, mixed media, jewelry, wood-working, sculpture, ceramics, and pottery.

OLD TOWN INK LAB 212 G St. Creative



Plein air painting by Stock Schlueter at Schlueter Gallery. Submitted

vending machine featuring local artists.

OLD TOWN COFFEE & CHOCOLATES 277 F St. Various artists. Live music.

PEARL LOUNGE 507 Second St. Anna Amezcua and Nancy Ayers, oil painting, acrylic painting and mixed media.

RACHEL SCHLUETER 208 C St. and Hall Gallery. Oil paintings.

REDWOOD ART ASSOCIATION 603 F St. Various artists.

REDWOOD DISCOVERY MUSEUM 612 G St. Kids Alive! 5:30pm-8pm This is a drop off program for children aged 3.5 - 12 years. Kids can enjoy crafts, science activities, pizza and uninhibited museum fun while parents enjoy Arts Alive (\$20/child, \$17 members). Must be confidently potty-trained.

RESTAURANT FIVE ELEVEN 511 Second St. Anna Sofia Amezcua and Jamie Pavlich Walker, acrylic painting and collage.

SAILOR'S GRAVE TATTOO 138 Second St. Tattoo art.

SAVAGE HENRY 415 Fifth St. Comedy. **SCHLUETER GALLERY** 330 Second St.

"Plein Air Passage," oil paintings from a year-long cross-country road trip. Music by Blake Ritter, Celtic fiddle.

THE SPEAKEASY 411 Opera Alley. Music by Jenni and David and the Sweet Soul Band from 8 to 11 p.m., 21 and up only. No cover.

THE WINE CELLAR 407 Second St. Alan Workman, photography.

ZEN HEALING 437 F St. "Otto Burns," Chris Portillo. DJ music.

ZUMBIDO GIFTS 410 Second St. Ghana Bolga Baskets by artisans in the Bolgatanga region of Ghana.

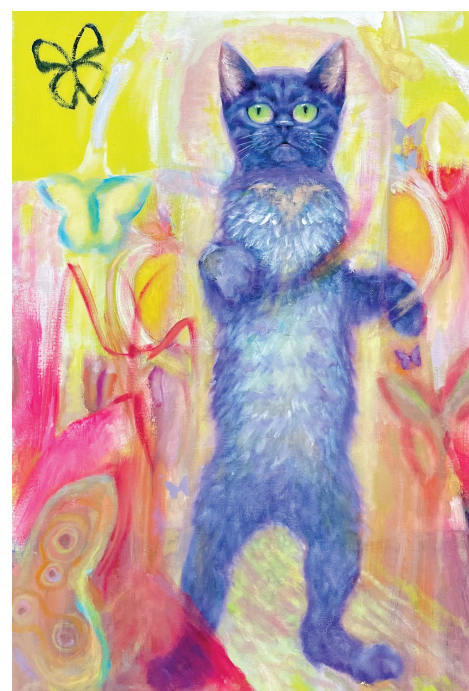
My wish for you for the new year is to be awed often and be aware of it for your wellbeing.

P.S. If you need a reason to travel to Sue-meg Park for a run, on Saturday, Jan. 20, the Six Rivers Running Club hosts the 52nd Sue-meg Park run: 5K and 10K starting at 10 a.m. Details are on the club's website 6rrc.com. Enjoy a fun event and a beautiful run through the park. ●

Simona Carini (she/her) shares photographs of her outdoor explorations (and of food) on Instagram @simonacarini. Her awesome experiences in Sue-meg State Park inspired three of the poems included in her collection Survival Time from Sheila-Na-Gig Editions, simonacarini.com.



The meadow in the morning.



Paintings at Rachel Schlueter Studio. Submitted

The Cat Has Made Some Resolutions

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Good morning. Well, good pre-dawn. Here, let me bat your face to help you wake up. That's probably as much as your weak human eyes will adjust to the dark but that's OK. We can talk while I press my full weight on your chest.

While you were out celebrating with what smells like the magnum of Cook's Brut you drank in front of the TV last year, I was here in quiet contemplation, except for the squawling of your stupid bird. I took a long hard look at my life and, beyond my glossy coat and my objectively perfect body, there was a lot I didn't like. So I've made some resolutions.

I am prioritizing eating better this year. We all indulged over the holidays with roasts and gravies and desserts and leftovers, and I don't see why we can't maintain that lifestyle. You seemed to enjoy passing me bits of ham from the table at first. In my defense, the meat of your thumb was similar in seasoning and texture, and in the salty blur of ham frenzy, a less restrained individual than myself might have kept going after hitting your watch.

In those nature shows you flip past on the way to the one about horrible plastic surgery mishaps, my brethren on the savanna are always stalking herds from the brush, taking zebras down by their

haunches. I felt the same primal instinct as I sprang onto the kitchen counter and put my whole face in the butter dish. I heard and acknowledged your concerns about your "food and vet budget" after the unfortunate business with the kielbasa, but, as I said, I have resolved to prioritize my dietary needs. And I am a hunter. I will no longer suppress my own spiritual nature for your comfort. I am who I am and any dry food in my dish will be knocked under the refrigerator with the key to your bike lock. Yeah. That's where that went.

You need to consider how your choices are disrespecting me and my self-care. I will not abide another austere January waiting for your resolutions to crumble, counting the days until I can once again crawl on your napping form to harvest the trail of barbecue chip crumbs from your sweater or jam my head into what's left of a pint of gelato. We both know how this will end, so let's call it now before I accidentally eat something sugar free.

I'm also prioritizing my mental health and taking more time for me. You may not notice that I've knocked everything off your desk to create a minimalist meditation space. From there, I can do a little breathwork, look at my reflection in the window and keep an eye out for the goddamn squirrel. My plan is to take at least three of my 14 naps there a day. No matter what.



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Heads up: It looks like the water from the vase is pooling where your smashed laptop is still plugged in — seems dangerous.

Taking care of my mental health also means cutting toxic personalities out of my life. Like the stupid bird that's constantly ignoring my boundaries, which extend into the corner of its stupid cage where it wedges itself just out of my reach. I need individuals in my life who respect me and actively help me reach my goals, like climbing the bookshelf, launching myself onto the stupid hanging cage and eating the stupid bird. If I'm honest, sometimes it feels like you're not supporting me, either. Like when you violated my autonomy by prying me off the stupid cage.

This year I am going to give myself permission to ask for more from our relationship, which sometimes feels one-sided. It feels like I'm always coming to you, slapping at your bedroom doorknob in the wee hours. I'm always having to show

you my belly when I want to be pet, then having to slash your forearm when I'm done. When was the last time you wound through my legs while I ran to answer the door? It's always me reaching out. Sometimes from under the sofa. With my claws. Have you ever brought me something mostly dead and left it twitching right where my feet land in the morning — not because it was a birthday or a holiday, but just because? I'll tell you: You have not.

But the new year is about fresh starts. And now that I've been clear about my needs and goals, I hope you can respect them and do better. *Shhh*. Let's not start with you talking over my feelings. Let's grab the gelato and see how that rhinoplasty repair went. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at (707) 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Instagram @JFumikoCahill.

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People Like Us

By Collin Yeo

music@northcoastjournal.com

I hope you all landed on the other side of the year safely, with minimal damage to yourself as well as any municipal structures, especially fire hydrants. I stayed in and watched movies; that's the era I'm in now, I guess. It's probably for the best. As I warned last week, having been on this beat for the fatter side of a decade, I know this time of year has a lot of holes in the calendar, and I have a strict policy — mostly enforced — of not mentioning shows that I don't find compelling or worth your time, dear reader. That shouldn't be taken as an insult by omission, but rather a general habit of trying to keep your interest in this column. After all, I'm really doing this for you, and by you, I mean me, and us, the collective people of Humboldt County, who (probably) share some sort of subconscious, psychic mycorrhizal connection. At least I hope so. Let's enjoy our winter!

In the words of the great Canadian thinker Red Green, keep your stick on the ice.

Thursday

It's quiet tonight, so I can't recommend any live music. However, one thing I have been enjoying in this New Year is listening to some of my favorite music from artists who departed us in 2023. Among the greatest on that list is the saxophonist Wayne Shorter, whose career spanned the age of late bop to jazz fusion and beyond. He was an innovator for every step. If you are new to his work, perhaps you should start with one of his most commercially successful collaborative ventures in the band Weather Report, formed with fellow Miles Davis alum Joe Zawinul in the early 1970s. *Heavy Weather* was the band's biggest record, and something I adored as a kid. Shorter's song "Palladium" still gets my mind rolling and my spirits up.

Friday

Wrangletown Cider Co. has been hosting an interesting array of shows recently, as the venue continues to do so tonight,



Spunflower plays the Miniplex at 7:30 p.m. on Sunday, Jan. 7.

Photo courtesy of the artists

where at 7 p.m. you will find a songwriter's showcase. Hosted by **Ruby Ruth George**, tonight's group features some of the luminaries of our local scene, including **Tofu Mike Schwartz**, **Jeff Kelley** and **Chris Parreira**. I have seen both \$15 and \$20 admissions advertised in the various postings out there, but have also seen this gig advertised as a "no one turned away for lack of funds," or NOTAFLOF, show, so keep that in mind.

Saturday

Humbrews is hosting a 50th birthday bash for musician **Rob Amerman** at 9 p.m. tonight. The lineup features local heavies **Former Chimps**, **War Möth** and **The Big Mahoff**. Rob himself will be playing fuzzed-out instrumentals on guitar in a dynamic duo featuring the drummer **Crash Landing**. If this is of interest to you, consider stopping by with \$10 in hand and a mind set to party rocking.

Sunday

The Miniplex is hosting a very special gig tonight at an early start time of 7:30 p.m. **Rangda** is a supergroup composed of **Ben Chasny** from Six Organs of Admittance and Comets on Fire, guitarist and avant folk composer **Sir Richard Bishop**, and New York City-based free jazz drummer and master improviser **Chris Corsano**. This will be the band's first performance in eight years. The opener is a newish local project whose as-yet unreleased recordings from the Old Steeple in November of 2022 I have had the great pleasure of

listening to in their various mixing stages. **Spunflower** is the name, and the names of the players are recognizable to anyone who regularly reads this column. **Anthony Taibi** (previously of White Manna), and **Nicholas Talvola** will be handling synth duties while sax player **Russ Thallheimer** and drummer **Gabriel Lubowe** will provide more improvisational dark matter to soundtrack pieces for visual works by the fantastic Czech artist Jan Svankmajer. There is also talk of an as-yet unnamed DJ being in the lineup. This show is going to be special and I'm not just saying that because I will be helping out with some of the live sound engineering. The \$15 cover is a fair price for a night of psyche excellence.

Monday

One more silent night in the belly of the new winter. Treat yourself to something nice. I have been enjoying the late (as of June 4, 2023) George Winston's first record, *Piano Solos*, aka *Ballads and Blues*, on John Fahey's Takoma Records label and co-produced by the master himself. If you prefer less frenetic and rollicking piano provender, his early '80s Windham Hill records are nice, too. RIP.

Tuesday

Cringe Fest isn't an actual festival, but more of a psychological pain Olympics event/excruciating social crucible endured willingly by some of our local comedians, who will be gathered to tell their most embarrassing personal stories. You know,

the kind of stuff most people wouldn't share unless they were under the care of the administrators of a CIA black site. Tonight's venue is not one such location — as far as I am aware, anyway — but rather Savage Henry Comedy Club, where at 9 p.m. you can dish over a mere \$5 to engage in the spectacle of humiliation

Wednesday

Fay Wray's character Ann Darrow sure did catch a lot of shit for being "the beauty who killed the beast" in 1933's massive monkey movie **King Kong**, and in my view it wasn't her fault at all for the big guy's demise, but rather the bozos who stole him from his home on Skull Island to make a few bucks on Broadway. These aren't spoilers, by the way, because spoilers have a shelf life and if you don't know the basic plot of one of the most famous flicks from early last century, that's on you. However, if you wish to sharpen up your giant ape acumen, tonight's the night. Head over to the Arcata Theatre Lounge by the 7:15 p.m. showtime, and dish over \$5 — \$9 if you want a poster — and settle in for one of the most-referenced and repeated films of all time. In my view the best reproduction is from *The Simpson's* third installment of the "Treehouse of Horror" series of Halloween episodes, from the final golden age of network television. ●

Collin Yeo (he/him) ain't doing so bad so far this year. Knock on wood. He lives in Arcata.



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Nightlife

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VENUE	THURS 1/4	FRI 1/5	SAT 1/6	SUN 1/7	M-T-W 1/8-1/10
ARCATA PLAYHOUSE 1251 Ninth St. (707) 822-1575			Front Ear (genre-bending improv) 7:30 p.m. \$15		
ARCATA THEATRE LOUNGE 1036 G St. (707) 616-3030		<i>Enter the Dragon</i> (1973) (film) 8 p.m. \$8, \$12 w/poster, preshow at 7 p.m.	<i>The Dark Side of Oz</i> (film) (Wizard of Oz synched to <i>Dark Side of the Moon</i>) 8 p.m. \$8, \$12 w/poster, preshow at 7 p.m.	<i>The Wizard of Oz</i> (1939) (film) 6 p.m. \$8, \$12 w/poster, preshow at 5 p.m.	[W] Sci-Fi Night: <i>King Kong</i> (1933) (film) 6-9 p.m. \$5, \$9 admission and poster, Pre-show 6 p.m. Raffle 7:30 p.m. Main feature at 7:35 p.m.
THE BASEMENT 780 Seventh St., Arcata (707) 845-2309	The Alley Cats (jazz) 8 p.m. Free	Young & Lovely (jazz standards) 9 p.m. \$5	Buddy Reed and th' Fabulous Rip it Ups (blues, rock) 9 p.m. \$5		
BEAR RIVER CASINO RESORT 11 Bear Paws Way, Loleta (707) 733-9644		Tish-Non Ballroom: Ultima Elección (baile) 9 p.m. \$25, Thirsty Bear: Alex Kent (singer/songwriter) 9 p.m. Free	Thirsty Bear: The Mojo Rockers (rock, blues) 9 p.m. Free		[W] Thirsty Bear: Bootz N Beers (country music/line dancing lessons) 7-9 p.m. Free
BLONDIES FOOD AND DRINK 420 E. California Ave., Arcata (707) 822-3453	Blondies Open Mic 6 p.m. Free			Legendary Jazz Jam 6 p.m. Free	[W] Figure Drawing, 6-8:30 p.m. \$5
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, Blue Lake (707) 668-9770		Wave: Live Music/DJ TBA 9 p.m. Free	Wave: Live Music/DJ TBA 9 p.m. Free		
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville (707) 839-2013		Karaoke with Rock Star 9 p.m.-1 a.m. Free			[M] Pool Tournament 6 p.m., [W] Karaoke with Rock Star 8 p.m.-midnight Free
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad (707) 677-3611		Firewater: DJ Pressure (favorite hits) 9 p.m. Free	Firewater: Irie Rockerz (reggae rock) 9 p.m. Free		[T] Karaoke 8 p.m. Free
CRISP LOUNGE 2029 Broadway, Eureka, (707) 798-1934	Up in Joke! Comedy Open Mic 8-10 p.m. Free			Open Mic Night (15-minute time slot) 6:30 p.m. Free	[M] Pete's Projecting Again! (comedy/variety) 7-9 p.m. \$5, [T] Pool Tournament 6 p.m. \$10, [W] Kara-Smokey! 7 p.m. Free
EUREKA VETERANS MEMORIAL HALL 1018 H St. (707) 443-5341					[T] Humboldt Comedy Open Mic 7-10 p.m. Free
GYPPO ALE MILL 1661 Upper Pacific Drive, Shelter Cove (707) 986-7700		Irie Rockerz (reggae rock) 6-8 p.m. Free			
HISTORIC EAGLE HOUSE 139 Second St., Eureka (707) 444-3344					[M] Line Dancing in the Grand Theater Ballroom 6-8 p.m. \$10

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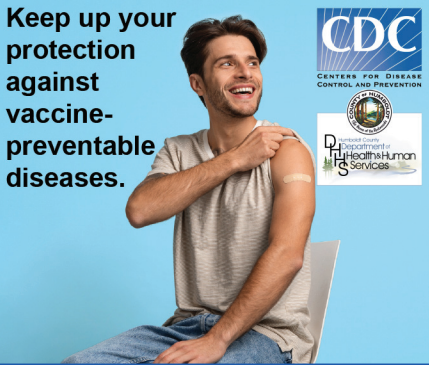


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HUMBOLDT BREWS 856 10th St., Arcata (707) 826-2739			Rob Amerman's 50th Birthday Bash w/ War Moth, Former Chimps, The Big Mahoff (hard rock) 9 p.m. \$10		
THE JAM 915 H St., Arcata (707) 822-4766	Hip Hop Thursdays (DJ) 9 p.m.-2 a.m. Free	YO! First Fridays ('90s, 2000s music) 9 p.m. \$10			[M] Karaoke 9 p.m. Free, [W] Weds Night Ting (DJs) [W] Karaoke 8 p.m.
THE LOGGER BAR 510 Railroad Ave., Blue Lake					
MINIPLEX 401 I St., Arcata (707) 630-5000	Karaoke 8:30 p.m. two-drink minimum			Rangda (psychedelic-rock) 8 p.m. \$15	
NORTHTOWN COFFEE 1603 G St., Arcata (707) 633-6187					[T] Word Humboldt Spoken Word Open Mic, 6-9 p.m. Free
OLD GROWTH CELLARS 1945 Hilfkier Lane, Eureka (707) 407-0479		Reel Genius Trivia 6-8 p.m. Free			
REDWOOD CURTAIN BREWERY MYRTLE AVE. TASTING ROOM, 1595 Myrtle Ave., Eureka, (707) 269-7143	Live Music Thursdays 6-9 p.m. Free				
REDWOOD CURTAIN BREWERY 550 South G St., Arcata (707) 826-7222					[M] Trivia Night! 6-9 p.m. Free
ROCKSLIDE BAR & GRILL 5371 State Route 299, Hawkins Bar	Jimie Jeff Jam Nite (Hendrix, Prince, funk, blues) 7:30 p.m. Free				
SAVAGE HENRY COMEDY CLUB 415 Fifth St., Eureka (707) 845-8864	Double Trouble (improv comedy) 9 p.m. \$10	X - Longer Standup Sets for Local Comics 7 p.m. donation, The Latest Show 11 p.m. \$5	Braturday Night Live 11 p.m. \$5	Comedy Church 1-3 p.m. Free, Comedy Open Mic 9 p.m. Free	[T] Cringe Fest (comedy) 9 p.m. donation
SCOTIA LODGE 100 Main St. (707) 764-5338	[M] Trivia Night 6-8 p.m. Free				
SIREN'S SONG TAVERN 325 Second St., Eureka (707) 442-8778					[T] Siren's Sessions Open Jam 8 p.m. Free [W] Wicked Wednesday Comedy 8 p.m. Free
SIX RIVERS BREWERY 1300 Central Ave., McKinleyville (707) 839-7580		Buddy Reed Solo (blues) 6-8 p.m. Free			
SPEAKEASY 411 Opera Alley, Eureka (707) 444-2244		Friday Night Jazz 8-10 p.m. Free	Jenni and David and the Sweet Soul Band (soul, funk) 7-10 p.m. Free		[T] Tuesday Night Jazz 7-10 p.m. Free
WRANGLETOWN CIDER 955 I St., Arcata (707) 508-5175		Writers Roundup Hosted by Ruby Ruth George: Sound Engineer Edition 7-9:30 p.m. \$15 All ages	Hotfoot (R&B/jazz/funk) 7-10 p.m. \$5-\$10 sliding All ages		

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EMPLOYEE SPOTLIGHT

Jessica Schnetzler and Jeff Harmon

Jessica Schnetzler has worked for two and a half years at Murphy's in Sunnybrae. "I like that it's fast-paced and there's always work to do," said Jessica. "I love the customers and employees. I live close by and get to walk to work most days and I really love how pretty it is around here!"

Jeff Harmon got his start in 2013 and is going on nearly eleven years with Murphy's Markets. He started in Westwood in grocery and is now in the deli at Sunnybrae. "I get to cook all day and that's pretty much what I've done my whole life."

Jeff most recently cooked up a jambalaya and other customer favorites include the Cajun Baked Chicken and Cuban Picadillo.

"My coworkers are absolutely the best part and the owner is really cool and takes care of us," emphasized Jeff.



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Calendar

Jan. 4 – 11, 2024



Submitted



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Dance more in 2024. Start with the **International Folk Dance Party** on the first **Friday** of every month — that's **Jan. 5** — at **8 p.m.** at **Redwood Raks**, where Chubritza and the Balkan Music Meetup will be playing for dancers of all levels (\$5-\$10 sliding scale, none turned away). If you're feeling a little country, boot scoot over to the **Historic Eagle House** the second **Monday** of every month — Jan. 8 after the holiday — for **Line Dancing in the Ballroom** (\$10). An instructor leads and all y'all over 21 are welcome.

Did you resolve to explore your creative side? To eat more tacos? **Tacos and Art Night at the Sanctuary** will help you reach your 2024 goals on **Tuesdays** at **6 p.m.** (donation of toppings or \$5-\$10). Bring a filling for the provided fresh tortillas and share a meal. Then work on your own project with the provided supplies or join in on someone else's masterpiece. Eat, create and help clean up. Goals.

For those who promised themselves more time outdoors this year, **Prairie Creek Redwoods State Park** is the place to start. On the first **Friday** of every month — **Jan. 5** — the park's section of Newton B. Drury Parkway is closed to motor vehicles for **Bike and Hike Day** (free). Just bring a leash if you're bringing a pooch, and enjoy the car-free walking or wheeling among the trees.

4 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

OUTDOORS

Nature Quest. 2-5 p.m. Eureka Municipal Auditorium, 1120 F St. Wilderness immersion program for teens and adults. Explore trails and share mindfulness practices, group conversation and other eco-therapeutic activities. Adults meet Thursdays, teens meet one Saturday a month. Transportation provided for Eureka residents. Please pre-register. Free. swood2@eureka.gov. eureka-heroes.org. (707) 382-5338.

ETC

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. SoHum Health presents classes focused on strength and mobility (Tuesday), and on relaxation and breath work (Thursday). Contact instructor Ann Constantino for online orientation. \$3-\$5 donation per class, no one is turned away for lack of funds. annconstantino@gmail.com. sohumhealth.org. (707) 923-3921.

5 Friday

BOOKS

Weekly Preschool Story Time. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the children's room. For children 2 to 6 years old with their caregivers. Other family members are welcome to join in the fun. Free. manthony@co.humboldt.ca.us. humlib.org. (707) 269-1910.

DANCE

International Folk Dance Party. First Friday of every month, 8-10:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Easy dances and an evening of international music with Chubritza and the Balkan

Music Meetup. All ages and dance levels welcome. \$5-\$10 sliding, no one turned away for lack of funds. kurumada@humboldt.edu. humboldtfolkdancers.org. (707) 496-6734.

MOVIES

Enter the Dragon (1973). 7-10 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 7 p.m. Movie 8 p.m. Rated R. 1hr. 42min. All ages. Bruce Lee stars as a Shaolin martial artist infiltrating an opium lord's fighting tournament. Themed cocktails, retro-video games. \$8, \$12 w/poster. info@arcatatheatre.com. (707) 613-3030.

FOR KIDS

Kid's Night at the Museum. 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20. info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Weekly Preschool Storytime. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the children's room. For children 2 to 6 years old with their caregivers and other family members. Free. manthony@co.humboldt.ca.us. humboldtgov.org/Calendar.aspx?EID=8274. (707) 269-1910.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Help with animal care, weeding, watering, planting and occasional harvest help on Saturday mornings. Volunteers get free produce. flowerstone333@gmail.com. (530) 205-5882.

HOLIDAY EVENTS

Zoo Lights: Holiday Extravaganza. 5:15-7:15 p.m. Sequoia Park Zoo, 3414 W St., Eureka. Enjoy 16,000 lights along the pathways and Sky Walk, appearances by Santa, treats from the Ecos Cafe and signature libations poured by the Sequoia Park Zoo Foundation. \$4. sequoiaparkzoo.net.

MEETINGS

Community Women's Circle. First Friday of every month, 6-8 p.m. The Ink People Center for the Arts,

627 Third St., Eureka. Monthly meeting to gather in sisterhood. (707) 633-3143.

Language Exchange Meetup. First Friday of every month, 5-7 p.m. Familia Coffee, 1350 Ninth St., Arcata. Speak your native language. Teach someone a language. Learn a language. familiacoffees.com/. (925) 214-8099.

OUTDOORS

Bike and Hike Day. First Friday of every month. Prairie Creek Redwoods State Park Visitors Center, Newton B. Drury Scenic Parkway, Orick. Enjoy the Newton B. Drury Parkway through Prairie Creek Redwoods while it's closed to motor vehicles. Leashed dogs welcome. Free.

ETC

Erotic Salon. First Friday of every month, 6-8 p.m. Peaches & Pearls, 853 H St., Arcata. Exploring healthy expression and being. Discuss, process and explore monthly topics. All orientations welcome. Pre-sale tickets only. \$20-\$40. earthbodypsychotherapy.com/erotic-salon/.

First Friday Market Series. First Friday of every month, 4-7 p.m. Herb & Market Humboldt, 427 H St., Arcata. Music, food trucks, artisans and more. Must have a doctor's recommendation or be over the age of 21 to enter. Free. Herbandmarket@gmail.com. (707) 630-4221.

6 Saturday

ART

Arts Alive. First Saturday of every month, 6-9 p.m. Historic Old Town Eureka, Second Street. Art, and a heap of it, plus live music. All around Old Town and Downtown, Eureka. Free. eurekaainstreet.org. (707) 442-9054.

MOVIES

The Dark Side of Oz. 7-10 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 7 p.m. Movie 8 p.m. Rated G. 1hr. 42min. All ages. The cult-classic syncing of The Wizard of Oz and Pink Floyd's The Dark Side of The Moon. Themed cocktails, retro-video games. \$8, \$12 w/poster. info@arcatatheatre.com. (707) 613-3030.

MUSIC

Front Ear. 7:30 p.m. Arcata Playhouse, 1251 Ninth St.

Russ Thallheimer's saxophone, Nick Talvola's trumpet, Alex Espe's keyboards, Ian Taylor's bass and Shane Fox's drumming combine for genre-bending improvisational music spanning the late '60s to contemporary and beyond. \$15. info@arcataplayhouse.org. playhousearts.org/events/front-ear/. (707) 822-1575.

FOOD

Farm Stand. 10 a.m.-2 p.m. Table Bluff Farm, 101 Clough Road, Loleta. Regeneratively-grown seasonal veggies, flowers, meats and other items made by Humboldt County locals and small businesses. Cash, card, Venmo, Apple Pay and soon to accept EBT payments. info@tableblufffarm.com. TableBluffFarm.com. (707) 890-6699.

Sea Goat Farmstand. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown on site, local eggs and sourdough bread. Work from local artists and artisans. flowerstone333@gmail.com. (530) 205-5882.

GARDEN

Native Plant Garden Tour. 1-2 p.m. HealthSPORT Arcata, 300 Community Park Way. Tour the Arcata Community Center Native Plant & Wildlife Garden (next to Healthsport) with "bugman" Pete Haggard every first Saturday. If rain, bring an umbrella. Free. northcoastcnps.org/native-plant-nursery-sales/arcat-community-center/.

Old Town Gardening and Beautification. 9-10:30 a.m. Old Town Gazebo, Second and F streets, Eureka. Start with a free Los Bagels breakfast and help maintain the brick planters along Second Street, weeding and planting native plants. Bimonthly, all supplies are provided. (707) 441-4248.

Sea Goat Farm Garden Volunteer Opportunities. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 5 listing.

HOLIDAY EVENTS

Zoo Lights: Holiday Extravaganza. 5:15-7:15 p.m. Sequoia Park Zoo, 3414 W St., Eureka. See Jan. 5 listing.

OUTDOORS

FOAM Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Andy Feinstein at 2 p.m. in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk on the ecology of the Marsh. Free. (707) 826-2359.

SPORTS

Adult Soccer Winter Tournament. 8 a.m.-5 p.m. College Creek Soccer Field, 1 Harpst St., Arcata. Humboldt Soccer League's Winter Tournament hosts a weekend of soccer. Form a team or sign up solo as a free agent for seven-on-seven half-field matches with full-size goals and goalies. Competitive and all skill level divisions. All abilities and genders ages 16 and up welcome. \$40. humboldtsoccerleague@gmail.com. humboldtsoccerleague.com/Default.aspx?tabid=1028716.

ETC

Abbey of the Redwoods Flea Market. First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

Thursday-Friday-Saturday Canteen. 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

Continued on next page »

Continued from previous page

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7 Sunday

MOVIES

The Wizard of Oz (1939). 5-8 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 5 p.m. Movie 6 p.m. Rated G. 1hr. 42min. All ages. We're off to see the wizard. Themed cocktails, retro-video games. \$8, \$12 w/poster. info@arcatatheatre.com. (707) 613-3030.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

Pancake Breakfast. 8-11 a.m. Freshwater Grange, 48 Grange Road. Buttermilk and whole grain pancakes, ham, sausages, scrambled eggs, salsa, cheese, apple compote, orange juice, tea, and French roast coffee. \$10, \$7 kids. freshwaterhall@gmail.com. (707) 498-9447.

HOLIDAY EVENTS

Zoo Lights: Holiday Extravaganza. 5:15-7:15 p.m. Sequoia Park Zoo, 3414 W St., Eureka. See Jan. 5 listing.

OUTDOORS

Clean the Sidewalk Day. First Sunday of every month, 9-11 a.m. Valley West Park, Hallen Drive, Arcata. Help pick up non-hazardous items left behind. Meet at the park entrance for instructions, supplies and check-in. gmartin@cityofarcata.org. cityofarcata.org.

SPORTS

Adult Soccer Winter Tournament. 8 a.m.-5 p.m. College Creek Soccer Field, 1 Harpst St., Arcata. See Jan. 6 listing.

ETC

Humboldt Flea Market. First Sunday of every month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. \$2, free for kids under 13.

8 Monday

DANCE

Line Dancing in the Ballroom. Second Monday of every month, 6-8 p.m. The Historic Eagle House, 139 Second St., Eureka. Boot, scoot and boogie under the stained glass ceiling. Instructor led, all skill levels welcome, ages 21 and up. \$10. events@historiceaglehouse.com. fb.me/e/4fAlv98B0. (707) 444-3344.

ETC

Homeshaaring Info Session. 9:30-10 a.m. and 1-1:30 p.m. This informational Zoom session will go over the steps and safeguards of Area 1 Agency on Aging's matching process and the different types of homeshare partnerships. Email for the link. Free. homeshare@alaa.org. alaa.org/homeshaaring. (707) 442-3763.

9 Tuesday

ART

Tacos and Art Night at the Sanctuary. 6-9 p.m. The

Sanctuary, 1301 J St., Arcata. Potluck tacos from 6 to 7:30 p.m. We'll make fresh tortillas, you bring a taco topping (or donation), share a meal and everybody cleans up. Art from 7 p.m. Bring a project or join one, supplies provided. \$5-\$10. together@sanctuaryarcata.org. sanctuaryarcata.org.

SPOKEN WORD

Word Humboldt Spoken Word Open Mic. 6-9 p.m. Northtown Coffee, 1603 G St., Arcata. Sign up list goes up at 6 p.m., and the open mic kicks off at 6:30 p.m. Two rounds of open mic poetry and a featured poet. Everyone is welcome, especially new performers. LGBTQ+ friendly. Free. instagram.com/wordhum.

MEETINGS

Humboldt Cribbage Club Tournament. 6:15-9 p.m. Moose Lodge, 4328 Campton Road, Eureka. Weekly six-game cribbage tournament for experienced players. Inexperienced players may watch, learn and play on the side. Moose dinner available at 5:30 p.m. \$3-\$8. 31for14@gmail.com. (707) 599-4605.

ETC

Disability Peer Advocate Group. Second Tuesday of every month, 3 p.m. Virtual World, Online. Peer advocates supporting each other and furthering the disability cause. Email for the Zoom link. alissa@tilinet.org.

English Express: An English Language Class for Adults. Virtual World, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressempowered.com. (707) 443-5021.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Jan. 4 listing.

10 Wednesday

ART

Figure Drawing. 6-8:30 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Practice your artistic skills. \$5. blondiesfoodanddrink.com.

LECTURE

Endangered Milkvetch Talk. 7:30-9 p.m. Six Rivers Masonic Lodge, 251 Bayside Road, Arcata. Sean Stewart present on the Applegate's milkvetch, a plant believed extinct and rediscovered in the 1980s around Klamath Falls, and conservation strategies. Free. northcoastncps.org/.

MOVIES

Sci-Fi Night: King Kong (1933). 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 6 p.m. Included raffle 7:15 p.m. Feature 7:20 p.m. NR. 1hr. 40min. All ages. A film crew takes the big guy from a tropical island to the big city. Themed cocktails, retro-video games. \$5, \$9 w/poster. info@arcatatheatre.com. (707) 613-3030.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 5 listing.

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ETC

Business for Breakfast with Jen Dart. 8:30-10 a.m. Arcata Chamber of Commerce, 1635 Heindon Road. The Chamber of Commerce hosts a presentation on the General Plan from Dart, Arcata's deputy development director. \$5, free for non-members. gloria@arcatachamber.com. arcatachamber.com. (707) 897-6004.

11 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1120 F St. See Jan. 4 listing.

OUTDOORS

Nature Quest. 2-5 p.m. Eureka Municipal Auditorium, 1120 F St. See Jan. 4 listing.

ETC

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Jan. 4 listing.

Heads Up ...

Volunteers are needed to help the Eureka Emergency Overnight Warming Center. Sign up at us11.list-manage.com/survey?u=ec8e886b7cc3cc023d2beee76&id=c-54604c013&e=ad03f624d3.

Teen Court Adult Mentor volunteers needed. Volunteers needed in Fortuna and Eureka. Help student advocates prep for cases and assist with the hearing process. You do not have to be an attorney, just a caring community member. Volunteer in Fortuna on Wednesday afternoons or in Eureka on Thursday afternoons. Contact hcteencourt@bgcredwoods.org or (707) 444-0153.

College of the Redwoods' multilingual literary journal *Personas* is accepting submissions of original poetry, fiction, creative nonfiction, essays and art reflecting the experience of multilingualism. Writers need not be multilingual to contribute; writings may be multilingual, bilingual or monolingual. Submission period closes at midnight on March 16. For more information, email jonathan-maiullo@redwoods.edu.

Area 1 Agency on Aging seeks volunteers to help with rides to medical appointments, educate and assist people to make informed decisions about Medicare options, advocate for residents in nursing homes, assist with matching home providers and home seekers, or teach technology training to older adults. Apply at alaa.org/volunteer-interest-form/.

Become a volunteer at Hospice of Humboldt. For more information about becoming a volunteer or about services provided by Hospice of Humboldt, call (707) 267-9813 or visit hospiceofhumboldt.org.



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Music and Silence

Maestro, Anatomy of a Fall

By John J. Bennett

screens@northcoastjournal.com

MAESTRO. Due as much to my penchant for low-culture goonery as anything else, Bradley Cooper's decision to follow up his directorial debut — *A Star Is Born* (2018), admittedly also a thematic outlier to me — with a meditation on the life and times of Leonard Bernstein seemed anachronistic, to say the least. Shame on me, of course, for knowing Bernstein only by name and by reference in Todd Field's *Tár* (2022), but despite his apparent, enduring influence on American music, the man is very much of an era now long passed. A denizen of the New York intelligentsia of the mid-20th century, Bernstein was one of those figures of prominence who, for a brief moment, could exist with the same apparent ease in the academic salon as in the public eye. But, as Cooper illuminates in the screenplay he wrote with Josh Singer, in his lead performance and in his direction, Bernstein was more (and more complicated) than his persona or his legacy.

Furthermore, we now know that Cooper as director is both drawn to classic things and to the looming possibility of very public failure. *A Star Is Born* had been remade a number of times and could have been called irrelevant when he took his shot, but he tried to reconstruct it as something modern and timeless, while also taking real artistic risks in the process. The hell of it is, it worked. Memed and diminished as the movie might have become, it endures, as much for its emotional rawness as for the grandeur of its moviemaking.

With *Maestro*, Cooper bounds further out onto the limb, prostheses and decades and all, challenging himself to interpret a life, to re-envision it for the screen without allowing it to slip into caricature and self-parody. It's an exercise that requires maintaining an almost indefinable narrative balance, while also controlling an elaborately scaled and staged production.

Spanning a near half-century, *Maestro* finds its primary focus in the relationship between Bernstein (Cooper) and Felicia Montealegre Cohn (Carey Mulligan) who, soon enough after their fortuitous introduction, will marry and start a family.

Between them stand Lenny's formidable career and perhaps even more formidable appetites, though; life isn't all Champagne and pool parties.

The most delicate aspect is in balancing obvious reverence for the man with the acknowledgement of his weaknesses, his failings and limitations, both in life and in art. As the years progress, Bernstein is increasingly distant from his wife, insistent on maintaining a lifestyle conducive to the creation of art but which, in reality, is more indulgent than productive. Cooper strikes this balance with a self-awareness and sort of daring internality that, with one wrong note, could render the whole project a misguided cartoon. But there isn't an off note in his performance or in any of them: Mulligan, always fascinating, delivers a particular type of mid-Atlantic blueblood ferocity that serves as a perfect check to her husband's shy libertine. And Matt Bomer, a standout among a supporting cast of standouts, portrays some of the subtlest, most mature heartbreak in contemporary cinema.

As tremendous as *Maestro's* ensemble is, though, the resounding success lies in the artistic execution of a vision. Matthew Libatique's film photography is, pardon the potential hyperbole, without peer in recent memory. Transitioning from full-frame, velvety black and white to lush, summery widescreen compositions as the story progresses, with deceptively complex tracking shots and transitions as punctuation, this is a masterpiece of design and execution that is unafraid to sit quietly when the moment demands it.

This is not the movie I would have asked for, necessarily, but it's all the more satisfying for the surprises it offers. R. 129M. NETFLIX.

ANATOMY OF A FALL is, in a number of ways, an anti-*Maestro*. A courtroom procedural that challenges notions of justice and explores the ambiguities inherent in romantic relationships and legal proceedings alike, it is spare, quiet and frequently confrontational. In its way, though, it is just as fully formed a work of art and perhaps an even more impressive acting showcase.



Me, after adjusting the treble in my car.

Maestro

Sandra (Sandra Hüller), a successful novelist, has returned with her husband, Samuel (Samuel Theis), to his French hometown with their young son Daniel (Milo Machado Graner). Samuel, we learn, is a frustrated writer himself, which is one of many reasons the marriage is strained, maybe to the breaking point.

When a fatal fall is deemed suspicious, a formal trial ensues, during which we learn enough about the family to wonder where the truth actually lies.

Justine Triet, directing a screenplay she co-wrote with Arthur Harari, demonstrates the control of an old hand, creating an internecine morality play that teases answers that it is too smart to fully reveal. With almost no extra-diegetic music, the storminess and silence of the characters becomes the soundtrack and Hüller gives an indelible, painfully mesmerizing lead performance. R. 151M. AMAZON PRIME. ●

John J. Bennett (he/him) is a movie nerd who loves a good car chase.

NOW PLAYING

ANYONE BUT YOU. Sydney Sweeney and Glen Powell try to make their exes jealous in a destination wedding rom-com. R. 103M. BROADWAY, MILL CREEK.

AQUAMAN. Momoa dons his trunks for his last dip in the DC franchise. BROADWAY, MILL CREEK.

THE BOY AND THE HERON. Hayao Miyazaki animated adventure about a boy who travels beyond the veil to see his mother. PG13. 125M. BROADWAY (DUB), MINOR.

THE BOYS IN THE BOAT. True-story drama about a university crew team headed for the 1936 Berlin Olympics. PG13. 124M. BROADWAY, MILL CREEK.

THE COLOR PURPLE. Film adaptation of the book-based Broadway musical starring Fantasia Barrino and Taraji P. Henson. PG13. 140M. BROADWAY, MILL CREEK, MINOR.

FERRARI. Adam Driver and Shailene Woodley star in a biopic about the driver/sportscar mogul. R. 124M. BROADWAY, MILL CREEK.

GODZILLA MINUS 1. The kaiju origin story goes back to its roots in postwar Japan for intense horror with emotional weight. In Japanese. PG13. 125M. BROADWAY.

THE HUNGER GAMES: THE BALLAD OF SONGBIRDS AND SNAKES. Prequel to the dystopian juggernaut series. PG13. 157M. BROADWAY.

MIGRATION. Animated duck adventure voiced by Elizabeth Banks, Awkwafina and Keegan-Michael Key. PG. 92M. BROADWAY, MILL CREEK.

NIGHT SWIM. Pool's haunted, kids! PG13. 98M. BROADWAY.

TROLLS BAND TOGETHER. Animated musical sequel with a boy band plot and wow, good luck, accompanying parents and guardians. PG. 91M. BROADWAY.

WAITRESS: THE MUSICAL. Hometown girl Sara Bareilles reprises her starring Broadway role in the film adaptation full of songs she wrote. 144M. BROADWAY.

WONKA. Timothée Chalamet brings his bone structure to the candy man's origin story. With Hugh Grant in Oompa-Loompa mode. PG. 112M. BROADWAY, MILL CREEK, MINOR.

Fortuna Theatre is temporarily closed. For showtimes call: Broadway Cinema (707) 443-3456; Mill Creek Cinema 839-3456; Minor Theatre (707) 822-3456.

CROSSWORD

By Matt Jones

©2024 MATT JONES

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66							67					68		

"BEST OF 2023" – IT'S QUITE THE YEAR

ANSWERS NEXT WEEK!

- ACROSS

1. "Asteroid City" director Anderson

4. Calendar pages

8. Active sorts

13. "Yeah, right" laugh

14. "There oughta be ___ against that!"

15. Ibuprofen option

16. Game whose sequel was Time's #1 best video game of 2023

18. Early parlor game (and nothing to do with drawing first blood)

19. Take an unfair share

20. His Best Supporting Actor Oscar win was part of CBC's best pop culture moments of 2023

22. "University Challenge" airer, informally, with "the"

24. Be down

25. Monday, in France

26. "Fine with me"
28. Ice, in Germany

30. Part of a sword

31. Diane Morgan-starring British mockumentary series that landed on many U.S. "Best of 2023" lists

34. "___ the fields we go" ("Jingle Bells")

35. Got an ___ effort

36. Word after even or odd when describing mammals with hooves

38. Actress Carrere of "Wayne's World"

41. Highest-placing Taylor Swift song (at #19) on Rolling Stone's "100 Best Songs of 2023"

46. Tonsillectomy docs

48. Ending for racket or rocket

49. Former Georgian president Shevardnadze

50. Consume
52. Custard fruit

54. Netflix stopped mailing them in 2023

55. With 59-Across, Hayao Miyazaki's final film, which made many 2023 top ten lists

57. ___ Khan University (Karachi institution)

58. Dirty clothes basket

59. See 55-Across

63. East Coast toll-paying convenience

64. "Game of Thrones" actress Chaplin

65. Masseur's specialty

66. Second effort

67. Basic training figs.

68. "Lord of the Rings" beast
4. "Deputy ___" (TV canine)

5. Chicken-king connector

6. Oldest of the "Animaniacs" siblings

7. "Popeye" kid whose name has an apostrophe

8. Actress Hannah of "Kill Bill"

9. Not-so-see-through

10. Major Spanish newspaper

11. Brand with a new label

12. More rocky

15. Hosp. heart ward

17. Like some cheesecakes

21. Beneficiary of, as an estate

22. Ballpoint brand

23. Ostrich kin

24. "Oh ___!" (Marcia Brady quote, in that episode with the football)

27. ___ Stadium (L.A. venue that hosted Super Bowl LVI)

29. Candy maker Russell

32. City near Buffalo, NY

33. Take advice from

37. Lackey

38. Cranky infant, perhaps

39. Befogged

40. Endeavor

42. Alphabetically last U.S. state capital

43. Former Red Hot Chili Peppers guitarist Dave

44. O'Hare's airport code

45. Dictionary entries (abbr.)

47. Not quite good

51. Rhyming works

53. Like a specially formed committee

56. Many mos.

57. Shouts of discovery

60. Brian with the 2022 album "ForeverAndEverNoMore"

61. Not just my

62. "The Voice" network

LAST WEEK'S ANSWERS TO WHOLE 'NUTHER LEVEL

H	I	J	A	B		L	O	B		V	I	B	E	S
A	D	O	B	O		I	R	E		I	C	A	R	E
H	O	T	C	O	F	F	E	E		C	E	L	I	E
A	S	S		G	O	T	O	F	F	T	R	A	C	K
			A	I	M					L	O	U		
S	E	N	S	E	O	F	F	A	I	R	N	E	S	S
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N	I	N	A		C	A	R	T	S		P	O	N	E
I	T	E		T	E	N	G	O		E	L	L	E	N
C	A	T	C	H	E	S	O	F	F	G	U	A	R	D
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© Puzzles by Pappocom

VERY EASY #63

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9			1	6			5	
6	3					7	1	
		5		9		3		
	4	9					8	6
	8			3	4			5
5	7		2		6	8	9	
		1	8				2	

www.sudoku.com

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Nicotine: Not So Benign

By Barry Evans

fieldnotes@northcoastjournal.com

“Smokers trying to quit say they feel like they’re giving up a friend.”

— Scott Leishow,
professor at the College
of Health Solutions,
Arizona State University

Even since the 1950s, when the link between smoking and lung cancer was firmly established (despite the protestations from Big Tobacco), there’s been no question about the harmful effects of cigarettes. You didn’t have to take it on faith — just one look at a macrophotograph of a tarred-up lung surface was proof enough for most of us. Today in the U.S. and most other developed countries, there are more ex-smokers than current smokers, thanks to public health measures such as aggressive anti-smoking campaigns, high taxes and laws against smoking in public places. However, smoking is still responsible for more than one in 10 deaths globally, according to a recent study published in the British medical journal *The Lancet*. Not to mention the economic cost, nearly half a trillion dollars annually in direct health care and lost earnings in the U.S. alone, according to the same publication.

Although cigarette smoking has declined in the U.S., more and more people — especially adolescents — are vaping, that is, ingesting nicotine vapor without the harmful effects of all the other chemicals in cigarettes such as tar, polycyclic aromatic hydrocarbons (PAHs), arsenic and 70-odd other carcinogens. Nicotine is what delivers the pleasure, releasing the feel-good neurotransmitter dopamine and, like caffeine, stimulating one’s energy and focusing concentration. So if a smoker trades in cigarettes for vaping, what’s the problem? She’s getting the hit without the harm, right?

Yes and no, mainly no. Turns out, nicotine isn’t as benign as once thought and has been implicated in a host of



Dumb and dumber in 1960, when information about the dangers of smoking had barely reached the hallowed hallways of the University of London.

Photo courtesy of the author

harmful effects on the body. No wonder: As an alkaloid synthesized by plants to deter herbivores, it’s a powerful, naturally occurring insecticide. When inhaled, nicotine changes the conductivity of heart muscles, leading to arrhythmia. That’s uncontested but the other potentially dangerous effects are harder to pin down; researchers have established connections in animal studies but not so much in humans. “Nicotine is definitely harmful to the developing adolescent brain in animals; in humans, it’s harder to establish,” according to Neal Benowitz, a nicotine researcher at University of California at San Francisco. However, there’s strong evidence nicotine can really damage developing brains *in utero*: Don’t smoke or vape if you’re pregnant.

Big Tobacco has been quick to adapt to all this, successfully countering many public health attempts to curb smoking in developing economies while promoting the “coolness” of e-cigarettes — vapes — in the U.S. and other affluent countries. Their major demographic targets are teens and young adults. Of course, we were all young once, vulnerable to peer pressure and believing we’d live forever (see above photo from my youth). I just hope young people today are smarter and more skeptical than I was when I was a kid. ●

Barry Evans (he/him, barryevans9@yahoo.com) was not always the model citizen he is today.

WORKSHOPS & CLASSES

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ADDITIONAL ONLINE CLASSES College of the Redwoods Community Education and Ed2GO have partnered to offer a variety of short term and career courses in an online format. Visit <https://www.redwoods.edu/communityed/Detail/ArtMID/17724/ArticleID/4916/Additional-Online-Classes>

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INSTRUCTORS NEEDED: Bookkeeping (Quick-Books), ServSafe Manager’s Certification & Cannabis Business Training. Call College of the Redwoods Community Education at (707) 476-4500.

MEDICAL BILLING & CODING SPECIALIST ONLINE INFORMATIONAL MEETING March 14, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

PHARMACY TECHNICIAN ONLINE INFORMATIONAL MEETING March 16, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

TRUCK DRIVING INFORMATIONAL MEETINGS Feb. 5 & 7, 2024 Call College of the Redwoods Community Education at (707) 476-4500.

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NOTICE OF PETITION TO
ADMINISTER ESTATE OF
KEIKO ZAJANC
CASE NO. PR2300372

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of KEIKO ZAJANC
A PETITION FOR PROBATE has been filed by Petitioner DAVID ZAJANC
The petition for probate requests that DAVID ZAJANC be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)
The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

1/4, 1/11, 1/18/2024 (24-002)

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
RUSSELL McGAUGHEY
CASE NO. PR2300373

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of RUSSELL McGAUGHEY
A PETITION FOR PROBATE has been filed by Petitioner JENNIFER McGAUGHEY
The petition for probate requests that JENNIFER McGAUGHEY be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)
The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

1/4, 1/11, 1/18/2024 (24-004)

A HEARING on the petition will be held on January 25, 2024 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4, Room: 4

For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available

from the court clerk.
Attorney for Petitioner:
Thomas B. Hjerpe, Esq.
Law Office of Hjerpe & Godinho, LLP
350 E Street, 1st Floor
Eureka, CA 95501
(707) 442-7262
Filed: December 26, 2023
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/4, 1/11, 1/18/2024 (24-002)

NOTICE OF PETITION TO
ADMINISTER ESTATE OF
RUSSELL McGAUGHEY
CASE NO. PR2300373

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of RUSSELL McGAUGHEY
A PETITION FOR PROBATE has been filed by Petitioner JENNIFER McGAUGHEY
The petition for probate requests that JENNIFER McGAUGHEY be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)
The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

1/4, 1/11, 1/18/2024 (24-004)

A HEARING on the petition will be held on January 25, 2024 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4, Room: 4

For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days

from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Attorney for Petitioner:
Jocelyn M. Godinho, Esq.
Law Office of Hjerpe & Godinho, LLP
350 E Street, First Floor
Eureka, CA 95501
(707) 442-7262
Filed: December 28, 2023
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/4, 1/11, 1/18/2024 (24-004)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00667

The following person is doing Business as
LOST COAST LOGISTICS, LLC

Humboldt
112 W 3rd St
Eureka, CA 95501

Sisu Extraction, LLC
CA 201723710547
112 W 3rd St
Eureka, CA 95501

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Trillian Schroeder, President
This November 17, 2023
JUAN P. CERVANTES
by sg, Humboldt County Clerk

12/21, 12/28, 1/4, 1/11/2024 (23-441)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00675

The following person is doing Business as
ADDISON LAW

Humboldt
2830 G Street, Suite D-4
Eureka, CA 95501

Shelley Addison
2233 H Street
Eureka, CA 95501

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on December 12, 2018
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Shelley Addison, Owner
This November 21, 2023
JUAN P. CERVANTES
by sg, Humboldt County Clerk

12/14, 12/21, 12/28, 1/4/2024 (23-433)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00684

The following person is doing Business as
BEST WESTERN ARCATA INN

Humboldt
4827 Valley W Blvd
Arcata, CA 95521

46560 Fremont Blvd Ste 111
Fremont, CA 94538

Arcata Properties LLC
CA 202359312080
46560 Fremont Blvd Ste 111
Fremont, CA 94538

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Harpreet Sidhu, Member
This November 29, 2023
JUAN P. CERVANTES
by jc, Humboldt County Clerk

12/21, 12/28, 1/4, 1/11/2024 (23-440)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00693

The following person is doing Business as
SOLID CONSTRUCTION AND REPAIR

Humboldt
1813 Ashdown Ave
McKinleyville, CA 95519

PO Box 3149
Eureka, CA 95502

Ryan D Benz
1813 Ashdown Ave
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to

transact business under the fictitious business name or name listed above on February 28, 2012
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Ryan D Benz, Sole Proprietor
This December 5, 2023
JUAN P. CERVANTES
by sc, Humboldt County Clerk

12/14, 12/21, 12/28, 1/4/2024 (23-431)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00696

The following person is doing Business as
HARMONY HOLISTIC SKINCARE AND WELLNESS

Humboldt
427 F St, Suite 207
Eureka, CA 95501

3344 Gross St
Eureka, CA 95503

Heidi S Horner
3344 Gross St
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on December 1, 2023
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Heidi Horner, Owner
This December 5, 2023
JUAN P. CERVANTES
by jc, Humboldt County Clerk

12/21, 12/28, 1/4, 1/11/2024 (23-438)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00712

The following person is doing Business as
SCURFIELD ELECTRIC HEATING AND SOLAR

Humboldt
550 South G Street #14
Arcata, CA 95521

Scurfield Solar and Heating
CA 04096773
550 South G Street #14
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on December 13, 2023
I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Benjamin Scurfield, President
CEO
This December 14, 2023
JUAN P. CERVANTES
by jc, Humboldt County Clerk

12/21, 12/28, 1/4, 1/11/2024 (23-439)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00714

The following person is doing Business as
AGHAIDH

Humboldt
215 Burns Ct
Whitethorn, CA 95589

Manoa R Sayers
215 Burns Ct
Whitethorn, CA 95589

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Manoa Sayers, Owner
This December 14, 2023
JUAN P. CERVANTES
by sg, Humboldt County Clerk

12/21, 12/28, 1/4, 1/11/2024 (23-443)

FICTITIOUS BUSINESS NAME
STATEMENT 23-00717

The following person is doing Business as
BIGFOOT WINDOW WASHING

Humboldt
1690 Marilann Ct
Arcata, CA 95521

Scott L Rogers
1690 Marilann St
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

northcoastjournal.com • Thursday, Jan. 4, 2024 • NORTH COAST JOURNAL

27

/s Scott Rogers, Owner
This December 8, 2023
JUAN P. CERVANTES
by sg, Humboldt County Clerk
12/21, 12/28, 1/4, 1/11/2024 (23-442)

**FICTITIOUS BUSINESS NAME
STATEMENT 23-00731**

The following person is doing Business as
D.B. BUILDERS

Humboldt
4985 Meyers Ave
Eureka, CA 95503

**Doug V Boltzen
4985 Meyers Ave
Eureka, CA 95503**

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Doug Boltzen, Owner
This December 22, 2023
JUAN P. CERVANTES
by sc, Humboldt County Clerk
12/28, 1/4, 1/11, 1/18/2024 (23-444)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
JERICO DEMARCO RAYMOND
RODRIGUEZ
CASE NO. CV2301833
SUPERIOR COURT OF CALIFORNIA, COUNTY OF
HUMBOLDT 825 FIFTH ST.
EUREKA, CA. 95501**

PETITION OF:
JERICO DEMARCO RAYMOND
RODRIGUEZ
for a decree changing names as follows:
Present name
JERICO DEMARCO RAYMOND
RODRIGUEZ
to Proposed Name
JERICHO HODGE
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: February 9, 2024
Time: 1:45 p.m., Dept. 4 Room 4
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT 825 FIFTH
STREET EUREKA, CA 95501

To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.

Date: December 11, 2023
Filed: December 11, 2023
/s/ John T. Feeney
Judge of the Superior Court
12/14, 12/21, 12/28, 1/4/2024 (23-436)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
JUSTIN MICHAEL DONNELLY
CASE NO. CV2301847
SUPERIOR COURT OF CALIFORNIA, COUNTY OF
HUMBOLDT 825 FIFTH ST.
EUREKA, CA. 95501**

PETITION OF:
JUSTIN MICHAEL DONNELLY
for a decree changing names as follows:
Present name
JUSTIN MICHAEL DONNELLY
to Proposed Name
JUSTIN MICHAEL VANDENACK
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: February 2, 2024
Time: 1:50 p.m., Dept. 4 Room 4
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT 825 FIFTH
STREET EUREKA, CA 95501

To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.

Date: November 29, 2023
Filed: November 29, 2023
/s/ Timothy A. Canning
Judge of the Superior Court
12/14, 12/21, 12/28, 1/4/2024 (23-429)

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
LEZLIE ANN CURTIS
CASE NO. CV2301857
SUPERIOR COURT OF CALIFORNIA, COUNTY OF
HUMBOLDT 825 FIFTH ST.
EUREKA, CA. 95501**

PETITION OF:
LEZLIE ANN CURTIS
for a decree changing names as follows:
Present name
LEZLIE ANN CURTIS
to Proposed Name
URSULA BLACK
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before

the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: February 2, 2024
Time: 1:45 p.m., Dept. 4 Room 4
SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT 825 FIFTH
STREET EUREKA, CA 95501

To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.

Date: December 4, 2023
Filed: December 4, 2023
/s/ Timothy A. Canning
Judge of the Superior Court
12/14, 12/21, 12/28, 1/4/2024 (23-435)

**LEGALS?
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**County Public Notices
Fictitious Business
Petition to
Administer Estate
Trustee Sale
Other Public Notices**

**CITY OF FORTUNA
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that on **Tuesday, January 16, 2024 at 6:00 p.m.** or as soon thereafter as possible, the Fortuna City Council will hold a public hearing at 621 11th Street, Fortuna, California in the City Hall Council Chamber for the following purpose:

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF FORTUNA ADDING CHAPTER 15.65 TO ARTICLE 15 OF THE FORTUNA MUNICIPAL CODE TO PROVIDE PROCEDURES FOR EXPEDITING PERMITTING PROCESSING FOR ELECTRIC VEHICLE CHARGING SYSTEMS AND DETERMINING THE ORDINANCE TO BE EXEMPT FROM CEQA

All interested persons are invited to appear at this time and place specified above to give oral or written testimony in regards to this matter. Written comments may be forwarded to the City Clerk at 621 11th Street, Fortuna, California, 95540.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerks Office at (707) 725-7600. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting (28 CFR 35.102 - 35.104 ADA Title II).

Ashley Chambers, Deputy City Clerk
Posted: January 4, 2024

**CITY OF FORTUNA
NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that on **Tuesday, January 16, 2024 at 6:00 p.m.** or as soon thereafter as possible, the Fortuna City Council will hold a public hearing at 621 11th Street, Fortuna, California in the City Hall Council Chamber for the following purpose:

AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF FORTUNA ADDING CHAPTER 15.67 TO ARTICLE 15 OF THE FORTUNA MUNICIPAL CODE TO PROVIDE FOR EXPEDITING PERMITTING PROCESSING FOR SMALL RESIDENTIAL ROOFTOP SOLAR SYSTEMS AND DETERMINING THE ORDINANCE TO BE EXEMPT FROM DECA

All interested persons are invited to appear at this time and place specified above to give oral or written testimony in regards to this matter. Written comments may be forwarded to the City Clerk at 621 11th Street, Fortuna, California, 95540.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerks Office at (707) 725-7600. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting (28 CFR 35.102 - 35.104 ADA Title II).

Ashley Chambers, Deputy City Clerk
Posted: January 4, 2024

**ADVERTISEMENT FOR BIDS
RIO DELL EXERCISE STATION AT TRIANGLE PARK**

**CITY OF RIO DELL
675 WILDWOOD AVENUE. RIO DELL, CALIFORNIA 95562**

Notice is hereby given that separate sealed bids for the award of contract for the construction of the **Rio Dell Exercise Station at Triangle Park** will be received by the City of Rio Dell at the office of the City Clerk until **3:00 p.m. Pacific Daylight Savings Time, January 26, 2024** and then at said office publicly opened and read aloud.

The work consists of construction of a new Exercise Station, including minor earthwork, concrete sidewalk, concrete curbing, installation of Landscape Structures equipment, including a Hand Cycler, Squat Press, Ab Crunch/Leg Lift and Pull-Up/Dip bar, placement of Shasta Forest Products Wood Fiber.

The time for completion shall be forty-five (45) working days.

The Contract Documents, in their entirety, can be viewed and/or obtained from the City of Rio Dell website at www.cityofriodell.ca.gov or at the following locations:

Humboldt Builders Exchange (www.humbx.com)

North Coast Builders Exchange (<https://ncbeonline.com/>)

Shasta Builders Exchange (<https://www.shastabe.com/>)

A payment bond prepared and executed in accordance with California Civil Code Section 3247 and a bond for faithful performance of the contract will be required of the successful bidder who is awarded the contract.

The successful bidder must comply with the latest general prevailing rate of per diem wages as determined by the Director of Industrial Relations, State of California, Department of Industrial Relations and is to be paid to the various craftsmen and laborers required to construct said improvements and is made a part of the specifications and contract for said work to which reference is hereby made for further particulars.

No contractor or subcontractor may be listed on a bid proposal or awarded a contract for public work on a public works project unless registered with the Department of Industrial Relations pursuant to Labor Code section 1725.5.

This project is subject to compliance monitoring and enforcement by the Department of Industrial Relations. Contractor registration information can be found at:

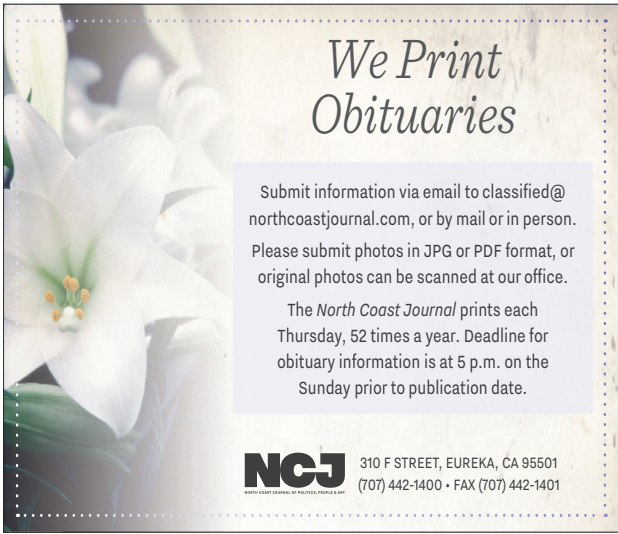
<http://www.dir.ca.gov/Public-Works/PublicWorks.html>

Each bid shall be accompanied by cashier's or certified check or by a bidder's bond, made payable to the City of Rio Dell and executed by a corporate surety licensed to issue surety bonds in the State of California, for an amount equal to at least ten percent (10%) of the amount of said bid and no bid shall be considered unless such cashier's or certified check or bidder's bond is enclosed therewith.

The successful bidder of this project shall have the following current and active California State Contractor's License at the time of the submission of the bid and throughout the duration of the contract: **Class A – General Engineering Contractor**.

Bidders shall refer to the Contract Document's Information for Bidders for complete instructions. Bidders are solely responsible for the cost of preparing their bids.

The City specifically reserves the right, in its sole discretion, to reject any or all bids, to re-bid, or to waive inconsequential defects, in bidding not involving time, or quality of the work. The City may reject any and all bids and waive any minor irregularities in the bids.



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Please submit photos in JPG or PDF format, or original photos can be scanned at our office.

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(\$18.54-\$20.86 per hour DOE)

ACCOUNTING TECHNICIAN – FT

Regular (\$19.54 - \$26.33 DOE)

HEALTH INFORMATION MANAGEMENT, MANAGER – FT REGULAR

(\$30.60 – \$35.49 DOE)

EMT-1 – Temporary and FT Regular

(\$16.00 - \$18.00 DOE)

CHIEF OF CLINICAL OPERATIONS – FT

Regular Contract (\$51.74 - \$75.38 DOE)

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– FT/REGULAR (\$20.44 – 26.81)

OUTREACH COORDINATOR (BEHAVIORAL HEALTH) – FT/Regular (\$20.00 - \$24.00 DOE)

SENIOR RADIOLOGIC TECHNOLOGIST

– FT Regular (\$35.59 - \$48.60 DOE)

COALITION COORDINATOR – FT

Regular (\$17.14 - \$20.01 per hour)

PERSONAL HEALTH RECORD (PHR)/

MEDICAL RECORDS SPECIALIST – FT

Regular (\$18.62 - \$23.77 per hour DOE)

MEDICAL BILLING SPECIALIST – FT

Regular (\$17.90 - \$24.25 per hour DOE)

CERTIFIED MEDICAL ASSISTANT – FT

Regular (\$20.44 - \$27.55 per hour DOE)

MEDICAL ASSISTANT – FT Regular

(\$18.62 - \$25.09 per hour DOE)

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PHYSICIAN – FT/Regular (\$290K-\$330K)

MENTAL HEALTH CLINICIAN – FT/Regular

(DOE licensure and experience) LMFT,
LCSW, Psychologist, or Psychiatrist

DENTIST – FT/Regular (\$190K-\$240K)

All positions above are Open Until
Filled, unless otherwise stated.

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 OR call 530-625-4261 OR apply on our website: <https://www.kimaw.org/> for a copy of the job description and to complete an electronic application. Resume/CV are not accepted without a signed application.

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Apply online by 11:59 p.m., January 15, 2024. Performs a variety of technical and specialized Clerk duties, including preparation and management of meeting agendas, minutes, ordinances, resolutions, and other historic records; coordinates City responses to public records requests and serves as the official custodian of records; administers the City's portion of municipal elections and provides excellent customer service. An ideal candidate is highly organized and detail-oriented, excels in managing competing priorities and has exceptional grammar and proofreading skills.

Apply or review the full job duties at: <https://www.governmentjobs.com/careers/arcataca> or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.



City of Arcata COLLECTION SYSTEM OPERATOR I/II

I - \$44,233.00 - \$56,453.74/yr.

II - \$46,496.01 - \$59,342.00/yr.

Apply online by 11:59pm, January 9, 2024. Performs a wide variety of duties related to the inspection, diagnosis, repair, service, and maintenance of the City's wastewater and stormwater collection systems and equipment. An ideal candidate is an adept problem solver, clear communicator and thrives in a team-oriented environment.

Apply and review the full job duties at: <https://www.governmentjobs.com/careers/arcataca> or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.

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Owner/
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BRE #01332697
707.476.0435



Kyla Nored

Owner/Broker
BRE #01930997
707.834.7979



Barbara Davenport

Associate Broker
BRE# 01066670
707.498.6364



Mike Willcutt

Realtor
BRE # 02084041
916.798.2107



Ashlee Cook

Realtor
BRE# 02070276
707.601.6702



Tyla Miller

Realtor
BRE 1919487
707.362.6504



Zipporah Kilgore

Realtor
BRE #02188512
707.497.7859



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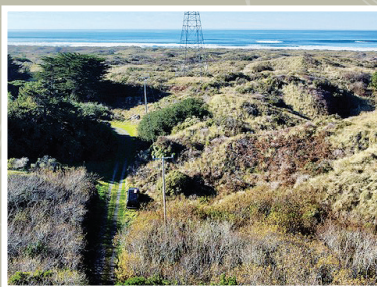
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**3123 BRANNAN MOUNTAIN ROAD, WILLOW CREEK -
\$435,000**

Your ±20 acre mountain sanctuary awaits! Enjoy the rural lifestyle from the comfort of the gorgeous 3 bedroom, 2 bathroom custom home featuring soaring ceilings, an updated kitchen, wood floors, and the convenience of PG&E power! Take in the stunning, unobstructed views of the Trinity River Valley and surrounding mountains from the large wrap-around deck, roll up your sleeves and plant your dream garden in the beautiful gardening area, and reap the benefits of the several varieties of established fruit trees! Detached 1 bedroom secondary unit for guests, caretaker, or rental income adds value to this already spectacular property. Just 15 minutes, on a mostly paved road, from Downtown Willow Creek!



**410 BEACH DRIVE,
MANILA
\$185,000**

Dreaming of stepping out your front door to take a sunset beach walk? Then consider this NorCal undeveloped coastal property

adjacent to a stretch of ten uninterrupted miles of public dunes and beaches. The parcel offers wild and wonderful open space with a dynamic and panoramic sky. The zoning is single family residential and will require a coastal development permit from the county. Seller has completed some of the necessary legwork and requirements. Owner may carry with 50% down.



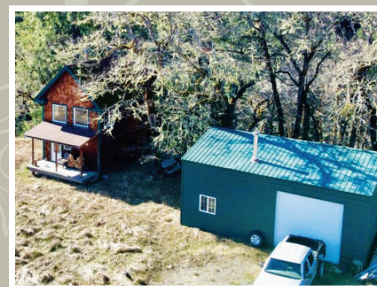
**167 JOHNSON LANE,
CARLOTTA
\$290,000**

Come check out this this home in sunny Carlotta with so much potential. This property features just under an acre of privacy and seclusion in your very own forest like setting. With redwoods and existing garden the possibilities are endless.



**1068 HAWKINS BAR ROAD,
HAWKINS BAR -
\$319,000**

Cute & clean 3 bedroom, 1 bathroom house located in sunny Hawkins Bar! Located on over half an acre offering a fenced yard, above ground pool, garden area, gardening sheds, and carport. Enjoy exclusive Trinity River access as a part of the Trinity Village community!



**±51 ACRES HIDDEN VALLEY
ROAD, LARABEE VALLEY
\$485,000**

±51 Acre homesteader's dream overlooking beautiful Larabee Valley! Property features a well-built and cozy cabin with a wood stove, a loft bedroom and quality workmanship and upgraded finishes throughout. Water is plentiful with a well, catchment tanks, and registered water rights from the seasonal creek that flows through the property. Also includes a metal shop building with attached bathroom/laundry room and another well- built unfinished home/storage building with wood stove that would make another nice cabin. Bonus cannabis permit can be included in sale!



**33 & 39 KINGSTON
ROAD, FIELDBROOK
\$459,00**

Two units on an oversized double lot offering a unique opportunity for versatile living arrangements or investment potential. The 3/1 main residence features a functional floor plan, wood fire and forced air heat, and carpet and linoleum flooring. With a little bit of elbow grease, the additional approximate 800 sq ft 1/1 back unit provides flexibility for guests or rental potential. With ample space for hobbies or animals, this property invites a lifestyle of versatility and potential.



**±40 ACRES RIDGE ROAD,
MAD RIVER -
\$195,000**

This beautiful ±40 acres of partially fenced in property has so much potential including: great hunting land, cattle land and with the 2 greenhouses on the property you can grow whatever your heart desires! There is a pond on the property fed by a spring year round in addition to the well! Only a 3 minute walk to the Mad River & Trinity National Forest! Owner may carry!

humboldtlandman.com



THE HUMBOLDT COUNTY COLLECTIVE

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COUNTY
COLLECTIVE**

CELEBRATE THE
New Year
with **DEALS & DEMOS!**

1662 Myrtle Ave.
SUITE A Eureka



**CALL
707.442.2420**